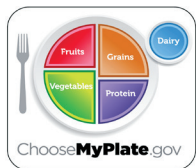


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HERBED SPINACH QUICHE PORTABELLA CAPS

Here's a savory, healthful, time-saving twist to breakfast quiche. Use portabella mushroom caps instead of high-fat pie pastry to make individual quiches.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

- 4 portabella mushrooms, 3-inch diameter
- Cooking spray
- 3 large eggs
- Egg whites from 6 eggs
- ½ cup whole-wheat grated bread crumbs
- ¼ cup nonfat milk
- 1 tsp low-sodium garlic & herb blend
- 1 cup cooked and drained, chopped, frozen spinach
- ¼ cup reduced-fat Parmesan cheese, divided

DIRECTIONS:

1. Place oven rack in center of oven; preheat oven to 375 °F.
2. Remove portabella stems; wipe clean with damp paper towel.
3. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet.
4. In a mixing bowl, whisk together all remaining ingredients, except 1 tbsp Parmesan cheese.
5. Coat 10-inch non-stick pan with cooking spray and heat over medium flame.
6. Cook and scramble egg mixture until it just starts to thicken. Remove from heat.
7. Using a large spoon, scoop partially cooked, hot egg mixture into portabella caps.
8. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes.
9. Serve immediately.

Serving Suggestions:

Serve with ¾ cup strawberries and orange slices (or other fresh, frozen, or canned fruit), water with lime or lemon slice/wedge.



Food Group Amounts

Dairy ¼ cup

Fruits --

Vegetables 1½ cup

Grains --

Protein 2 oz

Nutrition Facts

Serving Size (253g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 330mg **14%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 17g

Vitamin A 120% • Vitamin C 2%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



United States
Department of
Agriculture

Recipe Submitted by Produce For Better Health Foundation

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